



Ferguson Parks and Recreation Department

Fitness Classes

- Yoga** Yoga sessions run for six weeks and starts Tuesday and/or Thursday May 12th and 14th. The cost for the class is \$30 for residents and \$35 for non-residents.
- Tai Chi** The class is offered for six weeks on Thursdays from 1:30 to 2:30 p.m. starting April 30th. The cost is \$39 for residents and \$44 for non-residents.
- Aerobics**
- High Impact** All classes are 8 weeks long and will be held from 6:00 – 7:00p.m. Classes begin on Monday, April 13, Wednesday, April 15, and Thursday April 16. Students may register for one, two or three days depending on their fitness goals and weekly schedule. The fee for a one-day session is \$24 residents and \$29 non-residents; two days - \$34 residents and \$39 or all three days - \$44 resident and \$49 non-resident.
- Low Impact** The class is ran on both Mondays and Thursdays from 9 to 10:00 a.m. and consists of six week sessions with 12 classes. The cost is \$34 for residents and \$39 for non-residents and begins April 27th.
- Dog Obedience**
- Puppy** This class is for puppies six weeks to five months old and 45 pounds or less. Instructions include basic commands such as sit, come and stay. Classes are on Fridays from 6:00-7:15 p.m. and start March 27th. Cost is \$39 for residents and \$44 for non-residents.
- Beginning** The beginner class offers basic commands for dogs five months and older. The class is ran on Wednesdays from 6:00-7:15 p.m. or Thursdays from 6:30-7:45 p.m. starting on March 25th or March 26th. Cost is \$49 for residents and \$54 for non-residents.
- Advance** This class expands on beginner instruction further. Dogs will learn behaviors involving distance, duration and distractions. The class is ran on Wednesdays from 7:30-8:45 p.m. or Thursdays from 8:00-9:15 p.m. starting on March 25th or March 26th. Cost is \$49 for residents and \$54 for non-residents.

Adult Leagues

Softball

Monday-Men's League, 10 games, \$350 per team, April 20 start date.

Tuesday-Men's DH League, 20 games, \$580 per team, April 21 start date.

Wednesday-Men's League, 14 games, \$440 per team, April 22 start date.

Thursday-Men's over 50 League, TBD

Friday-Coed League, 10 games, \$350 per team, April 24 start date.

Sunday-Men's Competitive DH League, 20 games, \$580 per team, April 19 start date.

Kickball

Friday Coed League- 10 games, \$220 per team, May 1 start date.

**-All Adult League teams with over 50% residents receive a \$40 resident's discount.
Special Events**

Adult Easter Egg Hunt

Want to win great prizes from hunting Easter eggs? The Ferguson Parks and Recreation Department and Ferguson Citywalk invites you to this event Friday, April 3 at 7:30 p.m. Our very own rascally rabbit has been busy stuffing eggs with candy, and 40 prize eggs filled with coupons to City Walk businesses will be scattered on the grounds of The Ferguson Sports Complex at Forestwood Park. This event is open to adults 18 and older. Pre-registration is required for this event! The cost is \$3.50 for Residents and \$5 for Non-Residents.

Children's Easter Egg Hunt

Hop over to January Wabash Park Saturday, April 11 for the annual Egg Hunt. The park will be filled with brightly colored filled eggs for Ferguson children (8 and under) to enjoy. All children will be divided into separate hunts by the following ages: 3-4, 5-6, 7-8. The Easter Bunny will be on hand for photo opportunities. Children should meet at the upper parking lot with their own basket. The event is free to Ferguson children ages 3-8 and begins at 10:00 a.m. SHARP.

**For further information or to register for a program please
contact The Ferguson Parks and Recreation Department at
(314) 521-4661.**